

REGISTERED CLASSES: Summer 2014

See the course catalog for a description of all of our classes, available on our website
<http://www.sanfrancisco.va.gov/SANFRANCISCO/services/prrc.asp>

This quarter, the PRRC is excited to also offer an exclusive selection of classes that require registration prior to attendance. These classes either serve a specific group of clients or offer a curriculum that builds as the class progresses.

- Students need to register and commit to attending the class regularly.
- There are a couple of ways to register:
 - Contact the class facilitator directly if you know them.
 - Attend Registration Day on July 1,2,or 3, 2014.
 - Attend classes the first week and let the instructor know you would like to register.



Coping Through the Senses.

Success oriented experiences that will help students develop skills that will enable them to tolerate distress. This class will help students learn to create a refuge from the stimulation of daily life.

Registered class

Community Mindfulness Photography

This is a registered community living skills training series of 11 three-hour classes. The purpose is learning, practicing and photographing mindful recovery in the real time SF community outside the VA hospital. Each session begins with an orientation to active “lens cap off” mindfulness techniques integrated with digital photography. Veterans will each have a unique staff coach assigned for recovery support during the session. We will choose a destination, get on MUNI and then go take photos in SF for 2 hours. This class will provide wellness-oriented, socially-engaging, sustainable here/now experiences to sharpen mental focus and spotlight the present. **Registered class**



Ending Self Stigma Seminar.

The Ending Self Stigma Seminar was created for individuals who have taken the Ending Self Stigma class. The goal of this class is to support Veterans in taking the next step in overcoming internalized stigma. This class is largely student-driven so that the class topics are presented by students and facilitators and are of personal interest to students. Key topics include: stigma and stereotypes in society, disclosing to others/telling your story, and advocacy targeting stigma around mental illness.

Registered class



Man in Society.

Man in Society is a group for men exploring life from a deep sense of core values, committed to developing a fuller sense of purpose in life particularly in modern society

Registered class



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Psychosis Support Group.

This is a support group for people who hear or see things that are not there, or have fears about things that are not true. The group shares tips on coping with these experiences, and discusses other topics of mutual interest such as relationships with loved ones. **Registered class**



Women Create!

Female veterans will be invited to discuss, share, visualize and actualize recovery goals through discussion of recovery concepts and through active creative expression. Class will encourage women to share aspirations and unique methods of creativity such as visual art, writing, and performing. Class will encourage mindfulness and support healthy social involvement through the discussion of shared interests of female veterans. **Registered class**